

Three girls are selected in 5C_3 ways

$$\Rightarrow \frac{5 \times 4}{2 \times 1} = \frac{20}{2} = 10$$

The boys can be selected in

$$[{}^4C_0 + {}^4C_2 + {}^4C_3 + {}^4C_4 + {}^4C_1] = 16$$

$$\text{of options} = 16 \times 10 = 160$$